

cut, many offerings such as sports, art, music, literature, health, science, history and politics are reduced or eliminated.

The growing impact of media has reached tweens who now, like adults, are a focus of the corporate world. Through their cell phones and computers, tweens are treated as a product, bombarded with tempting ads on how to improve their looks. Junk-foods and sugar-laden drinks are promoted as a dominant source of nutrition; at the same time causing childhood obesity, diabetes and heart disease—all while raising corporate profits.

In this book, Claire Nader raises us above this dark side of reality and concludes that tweens have not succumbed to it as we might have believed. On the contrary, she provides the reader with positive news and optimism derived from her experience as an advocate for numerous causes at the local, national and international level. Tweens are never afraid to ask questions.

Written simply, and often with humor, the book reveals why she admires tweens. She presents a large range of subjects that inspire them to become active, and through self-education, bring about change. Among them are how they pressed their parents to stop smoking, or wear seatbelts, once they learned that such actions saved lives. Others attended town meetings and vigorously expressed their opinions on social topics that negatively affected their lives locally and nationally.

One group of fifth-graders influenced their town to clean up a dump that was near their school. Others who were attending a run-down school in a poor neighborhood successfully agitated for a new school building. Planting a community garden was a meaningful experience. To add impact to a specific presentation, Nader often colors her point with thoughts like this one, from an ancient Chinese proverb: "To know and not to act is not to know."

Rarely discussed in the media are the effects some tweens suffer as the result of their IQ and other standardized tests given in schools. Many accept the fact that a poor performance suggests less success in future educational opportunities and jobs. Nader writes, "It has been found that standardized multiple-choice questions do not measure the most important talents for success in life. They cannot test your judgement, experience, wisdom, imagination, idealism, diligence, stamina, and resilience." This frank discussion provides tweens and their parents with a new look at themselves.

She clarifies myths about famous people in history and gives us a surprising and entertaining look at the dictionary as a door to meaning, understanding and enchantment. With the use of facts, she promotes natural foods for healthy bodies and provides an understanding of economic security. She believes that tweens are never too young to be active citizens. Nader's facts back her writings that if given the opportunity, tweens would be more than happy to join in the conversations.

One parent who read the book wished it were available when his children were young so they could read it and learn together. Others say that this book should be in every library and school, so teachers can use it as a reference and read it to kids. And, of course, kids should read it.

Using a unique approach, Nader has moved beyond stimulating the curiosity, imagination and intellect of tweens. Her book is a testament to her ability to reach the minds of all readers who will benefit from her insight and understanding.

CELEBRATING CHIEF METEOROLOGIST GLENN BURNS

HON. BARRY LOUDERMILK

OF GEORGIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 22, 2022

Mr. LOUDERMILK. Madam Speaker, today marks Glenn Burns' last day with WSB-TV after serving as the Chief Meteorologist for forty years. Over the years, Glenn has been a familiar face on TV, from hosting the weekly Mega Millions lottery drawings, to being a trusted and calming presence for millions of Georgians during some of the most severe weather events in our state's history. While Glenn's presence on the 4:00 and 6:00 p.m. newscasts will be missed, Georgians are pleased to know Glenn will be serving as the Chief Emeritus for another year and will assist the network during future severe weather events in our area.

On behalf of Georgia's 11th Congressional District, I congratulate Glenn on an amazing career; and I sincerely hope that in his retirement Glenn will enjoy more time with his family, as well as enjoying the hobbies he loves: fishing, hiking, and astronomy.

HONORING LARRY SUFFREDIN FOR A LIFETIME OF SERVICE

HON. JANICE D. SCHAKOWSKY

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 22, 2022

Ms. SCHAKOWSKY. Madam Speaker, I rise today to honor the many accomplishments of Cook County Commissioner Larry Suffredin. Larry Suffredin is a lot of things: he is a beloved elected official. An attorney. A United States Air Force veteran. A devoted husband, father, and grandfather. Commissioner Suffredin is the quintessential statesman, and I am proud to be able to call him a dear friend and neighbor.

Larry Suffredin has deep roots in our state and our community. Born in Evergreen Park, Illinois, he is the oldest of eight children, the son of a Chicago Police Officer, and a graduate of Loyola University Chicago.

Larry has a long history of service. While in law school at Georgetown University in Washington D.C., he joined the United States Department of Justice, and then went on to serve as an officer in the United States Air Force in the early 1970's. Upon being discharged from the armed forces, Larry worked as an Assistant Public Defender before moving on to other pursuits. Larry saw a lot of success as a lawyer. Practicing law for almost fifty years, he is a partner at Shelsky & Froelich and has had the opportunity to argue cases before the Illinois Appellate Court, the United States Court of Appeals, and the United States Supreme Court.

In 2002, Larry Suffredin was elected to serve as a member of the Cook County Board of Commissioners representing the 13th District. During his tenure, Larry's depth of knowledge and compassion made him an effective and passionate defender of Cook County residents and a mentor to many. Even in retirement, I am certain many will continue to seek his counsel.

Larry has a long list of accomplishments from his time spent as a Cook County Commissioner. A longtime advocate for gun safety reform, he helped pass Cook County's Assault Weapons Ban. He saved the old County Hospital Building from demolition and created the successful Independent Health and Hospital Board, and was a leader in raising the minimum wage. Larry played a key role in establishing Cook County's Office of the Independent Inspector General and created an Eviction and Mortgage Foreclosures Court protocol to protect people's homes.

As a Forest Preserve Commissioner, he has a whole other list! He established the New Century Conservation Council and worked hard to expand the Forest Preserve's land restoration initiatives and their use of trained volunteers. Larry was a driving force behind successful efforts to require children to wear bike helmets as they made use of this amazing local resource.

These are only a sampling of Commissioner Suffredin's successful efforts over the last twenty years. However, these accomplishments will have impacts on residents for many decades ahead. His leadership has made Cook County a better place for those who live here.

On behalf of the residents of the 9th Congressional District of Illinois, I thank Larry for so many years of dedicated and effective leadership on behalf of our community. I know his family—Gloria, Tom, Elizabeth, and their families—are excited to spend more time with him in the years ahead. I hope that he continues to answer my calls when I am the one calling for his counsel, and I wish him nothing but the very best moving forward.

COMMEMORATING THE 75TH ANNIVERSARY OF THE HAWAII WING OF THE CIVIL AIR PATROL

HON. ED CASE

OF HAWAII

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 22, 2022

Mr. CASE. Madam Speaker, I rise today to commemorate the 75th Anniversary of the Hawaii Wing of the Civil Air Patrol (CAP). Founded in 1947, the Hawaii Wing of the CAP works to support the mission of its national organization in my home state. What began as a volunteer organization to mobilize civilian aviation resources for national defense following World War II has evolved into a premier public service organization that carries out emergency service missions when and where needed.

The Hawaii Wing of the CAP, as well as the CAP wings in Alaska, Guam and Puerto Rico, only came to be because of the determination of Sarah Park Hawaii. She was an avid pilot and took her first solo flight at age 16 shortly after the end of World War II. The same year she took her first solo flight, she began working to convince CAP's National Headquarters to change its rules so that Hawaii and the other territories at that time could create their own CAP wings.

Due to her persistence, in 1947 the Hawaii Wing began its operations. It initially served as an additional resource for national defense and sought to protect Hawaii by conducting observation flights around the islands. The Wing's first Commander was Lieutenant Colonel Ben Dillingham II, who received a Bronze Star for meritorious service in World War II.

Since its inception, the Hawaii Wing has performed critical public safety missions for the State of Hawaii. As early as 1957, the Hawaii Wing became part of the Hawaii Emergency Services Tsunami Warning Program for Kauai Island, and to this day, CAP aircraft are the only state resources for issuing tsunami warnings in places where there are no warning sirens or the sirens are inoperative. Additionally, working both in the air and on the ground, the over 600 members of the Hawaii Wing perform emergency services for the Hawaii Federal Emergency Management Agency and augment search and rescue services throughout the state.

A major part of the Wing's community outreach is providing aerospace education to Hawaii's youth and inspiring them to pursue careers in aerospace; aviation; and other science, technology, engineering and mathematics-related fields. The Wing's cadet programs also provide flight experience to students, which can spur lifelong interest in aviation or encourage the pursuit of a career in related fields. Along with these invaluable educational experiences, the Hawaii Wing instills values of leadership and character in their recruits which will help cadets in all aspects of their life and help them give back to their communities.

Please join me in extending a mahalo to the Hawaii Wing of the Civil Air Patrol for its service in our skies and in our communities and a hearty congratulations on its 75 years of service to the people of Hawaii.

IN APPRECIATION OF MR. HENRY BURKE FOR HIS SERVICE ON MY STAFF

HON. JOHN GARAMENDI

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 22, 2022

Mr. GARAMENDI. Madam Speaker, I rise in appreciation of Mr. Henry Burke for his service to the people of California's Third Congressional District as a member of my staff. A native of Davis, California, Mr. Burke joined my office in June 2021, having interned previously at my offices in Davis and my Washington, D.C. His work as a Civic Intern made him a natural choice as Scheduler and Digital Director in my office.

The Scheduler is widely considered to be one of the most demanding positions in any Congressional office. From ensuring that I made votes on the House floor, joined Committee proceedings, or attended meetings with constituents and dignitaries, Mr. Burke's work each day ensured that I was able to carry out my duties as a Member of Congress.

In addition to serving as my Scheduler, Mr. Burke also served as my Digital Director, helping to increase our online engagement substantially across my social media channels. In that role, he proved adept at translating my work in Congress into captivating online content and connecting the important issues facing California and our nation with the everyday challenges and triumphs of my constituents. Working under my longtime Communications Director, Mr. Burke grew into the role and became an integral member of my D.C. staff. Quite simply, his excellent work revitalized my online presence heading into California's redistricting following the 2020 census.

Mr. Burke has joined the Revolving Door Project, a project of the nonprofit Center for Economic and Policy Research, as a Research Assistant. I and all the members of Team Garamendi wish him all the best in his new position. During his tenure on my staff, Mr. Burke approached his work with an upbeat outlook, demonstrated ability to think outside the box, and flexibility to solve challenges as they arise without complaint. These same qualities will serve him well in his future endeavors.

While we will miss him, we all look forward to what Mr. Burke will do next. He will remain a deeply valued member of Team Garamendi, always.

CELEBRATING DR. DIETER MARTIN GRUEN'S 100TH BIRTHDAY

HON. SEAN CASTEN

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 22, 2022

Mr. CASTEN. Madam Speaker, I rise today to celebrate a friend and scientific luminary, Dr. Dieter Martin Gruen, on his 100th birthday. Dr. Gruen has led a distinguished career, and it is my honor to acknowledge his service and contributions to the scientific community, as well as record my continued support for his nomination for the Presidential Medal of Freedom.

Throughout his exceptional career, Dr. Gruen has made significant contributions to new energy technologies. Dr. Gruen has worked to enhance American technology development as a former Manhattan Project Scientist and Argonne National Laboratory Distinguished Fellow. Though he officially retired from Argonne in 2012, Dr. Gruen has never stopped working and now devotes his life to fighting climate change and advancing solar energy. Dr. Gruen is a humble embodiment of a dedicated American and scientist.

Born in 1922, Dr. Gruen is an internationally esteemed German-American chemist, inventor, and innovator who immigrated to the U.S. from Nazi Germany in 1936. Throughout his career, Dr. Gruen has been driven by his curiosity and commitment to science—allowing him to make critical contributions to nuclear fission and fusion, solar energy, energy storage, and conservation. Specifically, Dr. Gruen has made several key technological advancements such as the nuclear submarine reactor cooling design and purification of uranium used to end World War II in the Pacific theater.

Through this work and countless other selfless endeavors, Dr. Gruen has been recognized by the international scientific community with numerous awards—including from Argonne National Laboratory, Northwestern University, and the Patent Law Association of Chicago—for his pioneering research in chemistry, physics, along with the emerging fields of materials and nanoscience. Dr. Gruen has been granted over 60 U.S. patents for his work in alternative energy and discoveries in interdisciplinary subjects.

Dr. Gruen's story is that of many immigrants to America. He left behind a place of persecution, discrimination, and lack of opportunity for a brighter future. Like so many others who arrived on our shores and helped build our na-

tion through their courageous spirit, collaborative character, unyielding dedication, and personal sacrifice, Dr. Gruen's courage and tenacity serves as an inspiration for us all.

I've had the great pleasure to learn from Dr. Gruen and his unique life journey and stories—from his work on the Manhattan Project, to the ins and outs of nuclear fission technology, to innovations that make solar energy competitive with fossil fuel energy. Dr. Gruen, through his 100 years and dedicated service to the advancement of science and society, inspires my own optimism in our ability to tackle the toughest issues facing society today.

In April 2021, it was my great honor to support Dr. Gruen's nomination for the highest civilian award in this country, the Presidential Medal of Freedom, alongside my colleagues Representatives BILL FOSTER, FRENCH HILL, JERRY MCNERNEY, and CHERI BUSTOS. For all of the reasons mentioned here and many more, I cannot think of a more deserving citizen for this award.

I wish Dr. Gruen the happiest of 100th birthdays. I thank him for all his decades of service and remarkable contributions to science which have positioned the United States as a leader and world power in national defense, technology and innovation.

HONORING TERESA ZILK

HON. CYNTHIA AXNE

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 22, 2022

Mrs. AXNE. Madam Speaker, I rise today to ask the House of Representatives to join me in honoring Teresa Zilk, community advocate and founder of "Stories to Tell My Daughter," as Iowan of the Week.

"Stories to Tell My Daughter (STMD)," a series of live storytelling events that center the voices and experiences of Black women and other women of color in our communities, is a dream brought to life by Teresa. In creating a platform for women to share the trials and triumphs of their lives on stage in front of an audience, she believed the experience would facilitate a particularly powerful and cathartic moment of healing for everyone involved. It was an admirable goal, especially during a time when the country is navigating collectively traumatic circumstances, and one that has come to fruition each time the events take place.

After years of careful thought and planning, STMD officially Launched in Des Moines in March of 2018. At the time Teresa and her family were navigating their own challenges, and she found that channeling her energy and focus into an uplifting project with so much potential was a boon to her wellbeing. She knew storytelling was important and wanted to share the concept with the community, but wasn't sure if people were going to show up for the first event. To her surprise, the performance sold out and had standing room only, so she moved to a larger venue at her alma mater, Grand View University, the following year. The event has continued to grow and draw in a diverse audience. She now hosts two events each year during which women discuss everything from the birth of their children, leaving abusive relationships and situations, starting